

Youth-Adult Partnerships for Health Advocacy

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Health Advocacy

The process of increasing support for, recommending, and arguing to promote a cause or policy that supports healthful options and behaviors

Creating Health Advocates

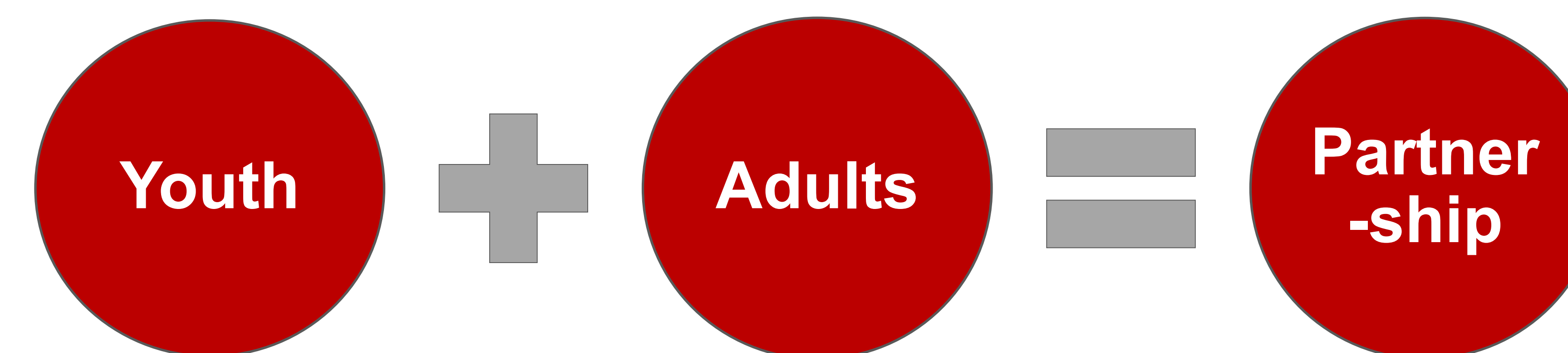
- Capitalize on teens' strengths to inspire involvement in making health-related changes in communities.
- Equip teens with necessary knowledge and skills.
- Provide teens with opportunities to further develop their skills through
 - leadership opportunities
 - teaching responsibilities
 - advocacy activities
- Engage and empower teens to lead and enact change.

I am very interested in improving health throughout my county.

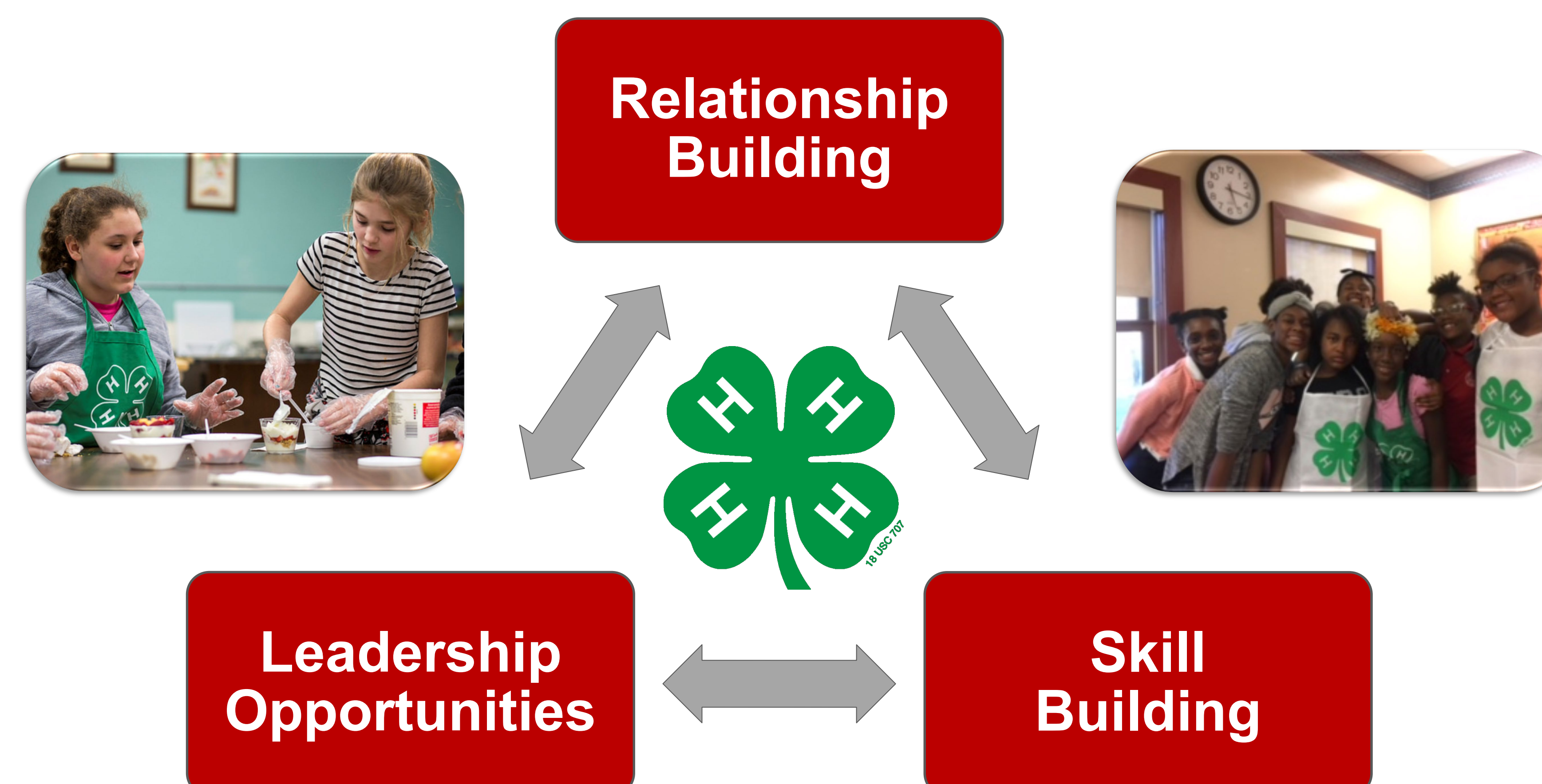
Challenges

- Starting a new program from the ground up
- Expanding reach to all counties across the state
- Funding to support attendance at national educational leadership opportunities

The best part of being a Health Hero has been all the amazing opportunities I have been given.



Youth-adult partnerships involve youth and adults working together in a structured context toward a shared goal. Through 4-H, teens take on leadership roles in planning, and implementing programs in their clubs and communities, on the local, state, and national level.



I've learned many new things that I never knew before, and it's a brand new experience for me.

Strategies for Enhancing Youth-Adult Partnerships

Relationships

- Have face-to-face meetings.
- Include get-to-know-you activities.
- Meet often enough, over time.

Leadership

- Create and carry out action plans.
- Implement a leadership structure with meaningful roles.
- Provide enough support and structure; grant more autonomy and responsibility over time.

Skill Building

- Provide training on health topics to increase content knowledge.
- Engage with hands-on activities, teach-backs, and opportunities for reflection.
- Teach a process that can be applied to multiple topics.

Impact

OSU's 4-H Youth Development program has increased its capacity to effectively and sustainably engage youth in health advocacy efforts.

Participants generate positive impacts for themselves and make a difference in their communities.

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